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ACROSS

1 Writer Kingsley

8 Spaces

12 Swag

13 Have bills

14 Ear-related

15 One present

17 Maestro Klem-perer

18 Barber-shop request

19 Humble

21 Tend texts

24 Foolish one

25 Read, in a way

28 Lowers the lights

30 Definite article

33 Mr. Sajak

34 Expense record

35 A billion years

36 Illustrations

37 Addict

38 Probability

39 Inquire

41 Leeway

43 Hidden away

46 Got wind of

50 Wan

51 Lawyer

54 Rind

55 William Tell's home

56 Color quality

57 Uncompl-icated

58 "See ya"

59 Picnic invaders

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1 "Oh, woe!"

2 Wool eater

3 Tittle

4 Spielberg or

5 Tyler

6 Shock and —

7 Appear

8 Merchandise

9 Swore (to)

10 Peach stones

11 High-lander

16 Homer's neighbor

20 Brewer's oven

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23 River through Rome

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29 Muralist

31 Scuttle

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34 Member of the nobility

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40 As an introvert would

42 Discover-er's call

43 Hatteras, for one

44 On the briny

45 Smear

47 In due time

48 Land-lord's due

49 Turns blue?

52 Give it a go

53 Dead heat

Solution time: 21 mins.

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## Logan's Run | By Erin Logan



## LANDON | Security for Sotomayor

Continued from page 1

the lectures at K-State and the first of the spring 2011 semester. The series is funded by approximately 400 patrons and receives no state funds.

Sotomayor was nominated by President Barack Obama to the Supreme Court in May 2009 and was sworn in on Aug. 8, 2009. She will be the third member of the Supreme Court to speak in the series at K-State follow-

ing former Chief Justice Earl Warren who spoke in 1970 and Justice Sandra Day O'Connor who gave a lecture in 1988.

With such a prestigious title and public prominence throughout the United States, extra security and cautiousness is necessary.

"It does make sense to give her a more secure place to speak," said Alex Reinecke, senior in secondary education. "There was a lot of controversy

surrounding some comments she made that didn't make people too happy to have her as a Supreme Court justice."

For added security, no backpacks, purses or handbags will be allowed in the lecture and cameras, including those on cell phones, will be prohibited.

Sotomayor will speak at 3 p.m. Thursday in Forum Hall. The event will also stream live online at k-state.edu/landon, as well as on K-State TV.

## IRON | Wealth links to obesity

Continued from page 1

relationship between levels of iron blood content and individual BMI after controlling for other individual characteristics," the study states.

Neymotin and Sen looked at socioeconomic status markers and found that people with higher BMI tend to be from poorer backgrounds, so would therefore have a greater iron deficiency. Other indicators that Neymotin and Sen looked at were age and race, which had little impact on the study.

The research took around a year and a half to two years to complete, and Neymotin said she plans on researching further in the area of obesity. Sen said that she thinks that this topic needs to be explored further.

"We definitely need to look at other factors to determine whether obesity is on the rise due to an increase in anemia or vice versa since this particular analysis was not structured in an inherently causal fashion," Sen said.

Sen and Neymotin's study has been published online since last year for early access. The study can be found online at nature.com/oby/journal/v19/n1/full/oby2010112a.html.

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The Kansas State Collegian, a student newspaper at Kansas State University, is published by Student Publications, Inc. It is published weekdays during the school year and on Wednesdays during the summer. Periodical postage is paid at Manhattan, KS. POSTMASTER: Send address changes to Kedzie 103, Manhattan, KS 66506-7167. First copy free, additional copies 25 cents. [USPS 291 020] © Kansas State Collegian, 2011  
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### CORRECTIONS

If you see something that should be corrected or clarified, please call our editor-in-chief, Tim Schrag, at 785-532-6556, or e-mail him at [news@spub.ksu.edu](mailto:news@spub.ksu.edu).



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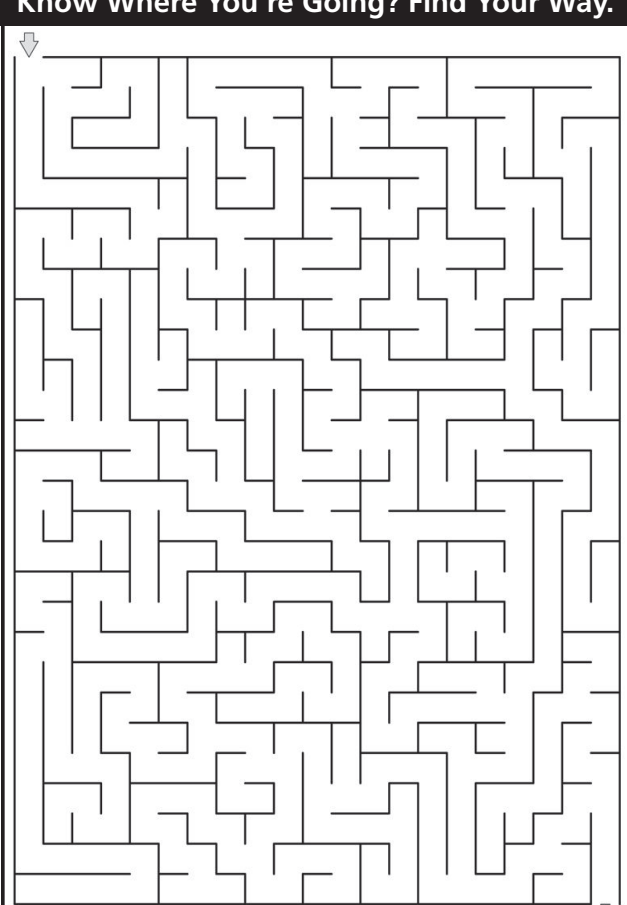
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Rodney Somerville spoke on Tuesday about Dr. Martin Luther King Jr. at a luncheon in the K-State Student Union. The luncheon is one of several events being held for Martin Luther King Observance Week.

# Honoring more than just a ‘dream’

## Speaker provides deeper look into the life and work of King

Austin Enns  
coverage editor

As part of the celebration for Martin Luther King Jr. week, the College of Agriculture and Minorities in Agriculture Natural Resources and Related Sciences hosted a lecture and lunch to remember the minister. Rodney Somerville, manager in specialty training at Centocor Ortho Biotech, gave a lecture titled “A Crossroad at Midnight” in the Flint Hills room in the K-State Student Union on Tuesday.

Jocelyn Clemons, sophomore in agriculture technology management and vice president of the minorities group, welcomed the guests and urged them to reflect on the speaker’s message.

“We hope our speaker at the event will spark you to things that do matter,” Clemons said.

Tyler Warta, freshman in agribusiness and member of the agriculture student council, held

a moment of silence for King, then welcomed the listeners to grab one of the sack lunches that were provided.

Somerville began his lecture by asking questions about the life of King to see whether the crowd knew much about the minister. He asked several questions ranging from King’s real first name - Michael - to how many times he met Malcolm X - once.

“Anybody get 100?” Somerville asked the crowd. “Anybody on academic probation? Don’t worry we have faculty here to help.”

All jesting aside, the questions were intended to make the point that many people do not know much about King. In fact, it reflected a major theme of the speech which was how King’s life was overshadowed by the “I have a Dream” speech and how one of the most important decisions of King’s life was his choice to support the oppressed in the face of intimidation.

“It is easy to know Dr. King by the Dream,” Somerville said. “Americans don’t really know him.”

After the lecture,

Somerville said his talk was based off of King’s speech “A Knock at Midnight” where King talks about receiving a call threatening his family and then receives a reaffirmation of his cause while talking with God. Somerville wanted the audience to understand that King knew how much danger he was in.

“He had to be concerned with the protection of his family,” Somerville said. “Beyond being Martin Luther King and having a dream he had to first be a father and a husband.”

But ultimately, it was King’s choice to continue his crusade in disregard of his self-preservation that made him the “Conscience of the Nation.”

“Martin Luther King stood at the cross roads one night and had to make a decision,” Somerville said. “It couldn’t be that difficult, it was all a dream wasn’t it?”

King’s public opposition to the Vietnam War was an example that Somerville cited as a way to demonstrate King’s unwavering stand on issues like non-violence and civil rights. Somerville said the opposition was difficult because

it was against a president who had recently signed the Civil Rights Act.

In order to explain King’s steadfastness in his beliefs, Somerville pointed to King’s faith in God as a source of his strength. Somerville said King could face the possibility of death because he believed in an afterlife.

“Dr. King knew,” Somerville said. “He had to know what the end would be. As a prophet, as a mystic when he said ‘mine eyes have seen the glory of the coming of the Lord.’”

Somerville tried to help the audience comprehend the difficulty of the choice King had to make to continue as a leader of the civil rights movement. He wanted listeners to know King not as a mythical figure who gave a speech, but as brave leader in the face of martyrdom.

Ashley Rowell, freshman in public relations, like many of the students present at the lecture, attended as part of a requirement for an American ethics class.

“I thought it was excellent and I thought the speaker did an awesome job portraying Dr. Martin Luther King,” Rowell said.



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# ON POINT

## Coaches critical to sophomore guard's success

**Justin Nutter**  
sports editor

In most situations, it's relatively uncommon for a true freshman to see a lot of playing time on a major college basketball team. For a first-year player to begin the season as a mainstay in the starting lineup is an even greater rarity.

Apparently, Brittany Chambers and the K-State women's basketball team didn't get that disclaimer.

As a freshman on last year's team, the native of Jordan, Minn., averaged 31 minutes per game, starting in all but four contests. She made the most of the opportunity reaching double figures 22 times and finishing the season as the team's second-leading scorer and one of the team's top rebounders.

"I think the most impressive thing about (Chambers) is she was just thrown into the fire as a freshman," said associate head coach Kamie Ethridge. "She had to score for us and be our primary ball handler in a year where we really struggled. She managed all of that, and we literally have depended on her to be kind of the anchor. In doing that, every part of her game has gotten better."

This season has been much of the same, as she sits at or near the top of the roster in several statistical categories.

So, how exactly has the sophomore emerged as one of the Big 12's top performers in such a short amount of time? Having two of the best guards to ever don a women's uniform on the sideline doesn't hurt.

For the last two seasons, Chambers has worked with a Wildcat coaching staff that includes Ethridge and Shalee Lehning. Ethridge came to Manhattan with head coach Deb Patterson in 1996. Prior to her coaching career, she played at Texas from 1982-86 and still has one of the most decorated resumes in women's basketball history.

Lehning, an assistant coach and current member of the WNBA's Atlanta Dream, starred at K-State from 2005-2009. During her time in Manhattan, she was a two-time All-Big 12 selection and earned All-America honors in her final season.

"It's kind of like no matter what you do, you always have a specialist," Chamber said. "(Lehning and Ethridge) know what they do. It's unbelievable too that if you don't know what's going on, they sure as heck are going to know and tell you. If I use it, it's something that no one else in the Big 12 has, or anyone in the country, in my opinion."

Through the first 18 games of the season, Chambers leads the team with 14.9 points — the 11th best



Sophomore **Brittany Chambers** guards Oklahoma State guard Lakyn Garrison during the first half of the Wildcats' game against the Cowboys in Bramlage Coliseum on Jan. 9. K-State defeated the Cowboys 63-45.

mark in the entire conference — and 6.2 rebounds per game. She's scored 20 or more points five times, including a career high-tying 26 against Nebraska on Saturday and owns a pair of double-doubles this year.

However, despite establishing herself as K-State's leader on the stat sheet, Chambers said she knows she's not exempt from shaky performances. That was made apparent in a home game against Missouri on Jan. 19, when she went 1-of-10 from the floor and managed just two points. But a poor shooting night

didn't mean the game was a lost cause as she pulled down a team-high 10 rebounds in the 66-63 win.

"That's the sign of a good player," Lehning said. "Some nights, you're just not going to make shots. That's something we've talked to Brittany about ever since her freshman year. You can bring other elements to the game when you're not making shots. She's found ways, even if her shots aren't falling, to help our team in other ways."

Chambers admitted that she probably wouldn't have been able to shake off such a forgettable offensive

night as a freshman, adding that her ability to step up her game in other facets has been a work in progress since she first arrived at K-State.

"When I got here, I would almost shut down a little bit if I wasn't scoring or shooting very well," she said. "I feel like now, when things aren't going right, I still have the devotion to play hard. That's something you can always work on and keep getting better at."

Chambers and the Wildcats will be in action again Jan. 26 when they take on the Colorado Buffaloes in Boulder. Tipoff is set for tonight at 8.

Jonathan Knight | Collegian

## Wildcats prepare for tough matchup against Buffaloes

**Paul Harris**  
staff writer

After two straight wins at Bramlage Coliseum, K-State now takes its act on the road, looking for a third consecutive victory. The last time K-State took its talents away from Manhattan, it ended with a loss to a ranked Oklahoma team and a double overtime loss to Texas Tech. K-State has struggled mightily on the road this season. Four of the team's five losses have come on the road. It does not look to get any easier in a tough Big 12 Conference as K-State heads to Boulder for a mid-week contest. The Wildcats snuck out a 72-70 victory over the Buffaloes last year.

Colorado is 11-7 on the year and 10-2 at home. Riding high off a 58-48 victory against Missouri, the Buffaloes have won their last two conference home matches. Senior forward Brittany Spears paces the Buffaloes in the scoring department. Spears scores 18 points per game. Her running mate is sophomore guard Chucky Jeffery. Jeffery, a Colorado native, pitches in 14.6 points per game. Junior forward Julie Seabrook pulls down six rebounds per game. Seabrook chips in around six points per game too.

Prior to the season, Linda Lappe, a familiar face in Colorado athletics, returned to her alma mater as a head coach. During her playing career, she led Colorado to the Elite Eight in 2002 and the Sweet Sixteen in 2003. Lappe was named the seventh head coach in Colorado women's basketball in April 2010, and she is the youngest head coach at a BCS conference women's basketball. Before this year, Lappe was head coach at Metropolitan State College of Denver.

Under Lappe, Colorado prefers to slow it down, scoring just over 63 points per game. K-State and Colorado are 10th and 11th, respectively, in the Big 12 in points per game. Turnovers have been an Achilles' heel for the Buffaloes all season long. Colorado leads the Big 12 in turnovers at 19 per game and is last in assist to turnover ratio.

K-State guard Brittany Chambers rebounded from a two-point effort to score 26 points in a 64-37 win over



**Taelor Karr**, sophomore guard, kicks up her leg and spreads out her arms to apply defensive pressure to Nebraska during Saturday's basketball game. The Wildcats beat the Huskers 64-37.

Lisle Alderton | Collegian

Nebraska last weekend. The sophomore has been a steady scoring option all season and leads the Wildcats with nearly 15 points per contest. Chambers is not only the leading scorer, but also the leading rebounder.

Chambers' sophomore backcourt mate, Taelor Karr, knocks in 9.9

points. Their 24.8 point per game average ranks third among other backcourt duos in the Big 12.

Junior forward Jalana Childs has been a consistent low-post presence for head coach Deb Patterson. Childs exploded for a career-high 21 points against Missouri and is averaging 11.4

points per game. Childs is second on the team in scoring and blocks.

Junior forward Alina Voronenko has picked up her scoring punch in conference season. The Sacramento native has contributed 9.6 points and 4.4 rebounds in K-State's last five games.

## Young players could save Wildcats' season



Even by head coach Frank Martin's standards, K-State's win against Baylor on Monday was anything but pretty. But, despite having to hold on in a mistake-filled game between two underachieving teams, the Wildcats showed me something — particularly the guys wearing numbers 22 and 55.

It's no huge secret that the key to last year's run to the Elite Eight was the playing of the K-State guards. Denis Clemente's ball handling and quick feet paired with Jacob Pullen's knack for the 3-pointer made for one of the most dangerous backcourt tandems in the Big 12 — if not the whole nation.

I don't think anyone thought the Wildcats would miss Clemente this much, which was made apparent when they were picked to win the Big 12 and handed a No. 3 preseason ranking. But, with Clemente out of the picture, K-State began a downward spiral. Now unranked and just 2-4 in conference play, hopes of the team's first Big 12 title are fading fast.

However, Monday night's win showed flashes of what this Wildcat team could become by season's end. Freshman guard Will Spradling put together arguably his best game in a K-State uniform, scoring a career-high 17 points, including a 9-of-9 mark from the free throw line. That forced defenders to zone in on the native of Overland Park, Kan., and, like we saw so many times a year ago, give Pullen more looks from beyond the arc.

I know it's unrealistic to think Spradling will produce those numbers every game. After all, he's only a freshman and still has much to learn. But if Monday night was an indicator of his true potential, look for him to be more than just a role player for the Wildcats in the future.

Oh, and speaking of future stars, while Spradling continues to develop his game, sophomore Rodney McGruder continues to make his case for why he — not Pullen — is currently the best player on the K-State roster.

A recruit from Florida who was overshadowed by talks of his high school and current teammate, Wally Judge, McGruder has emerged as a do-it-all threat in 2010-2011. He's listed as a guard, but has seen time at forward as well, and he's flourished in both spots. Entering Saturday's contest at Kansas, he leads the team in 3-pointers (47), 3-point percentage (40.9) and, despite standing just 6-foot-4-inches, rebounds per game (6.7).

Chances are, ending the season with a conference championship is out of the question. With two games against Kansas still on the schedule as well as meetings with Texas and Missouri, the Wildcats probably won't finish more than a game or two above .500 in the league standings. But, if K-State continues to get solid numbers out of Spradling and McGruder, particularly on the same night, the potential of a turnaround, not to mention another NCAA Tournament run, still exists.

Even if that turnaround doesn't happen, there are plenty of reasons to believe this team will be right back at the top in the not-too-distant future. Stay tuned.

Justin Nutter is a December graduate with a bachelor's degree in journalism and mass communications. Please send comments to [sports@pub.ksu.edu](mailto:sports@pub.ksu.edu).





# CAMPUS COMFORT

## College involvement helps students fit in, form friendships



Tim Schrag

Asher Roth was on to something when he decided he loved college. Well, maybe only partially. I learned the hard way not to tape things and that parties wear me out, but that's a story for another day.

In all seriousness, though, I do love being in college. When I think about the things I've done at K-State, there is no pinnacle moment or specific title that defines the experience, but there have been many interesting experiences, jobs, trips and endeavors along the way. I like to think of the entire thing as a journey to self discovery.

K-Staters definitely have some unique stories to tell; just ask any alumnus who comes to mind. Pete Souza, the past and current White House photographer, shot pictures for Student Publications. Kansas Gov. Sam Brownback was student body president. So was Pat Bosco, K-State vice president for student life. What do these folks have in common? They

were involved in K-State and I guarantee each of them would say being involved while in college helped them discover who they wanted to be. In fact, I think that might be one of the tips Dean Bosco gives incoming students each year: "Find someone who knows you are here."

Sound familiar? It should.

My dad used to tell me stories about being on the K-State football team in the '80s, when our K-State football culture was very different. He also ran track for K-State. He doesn't talk about it much when people outside of my family ask, but without a doubt, he is proud to have been a two-sport NCAA athlete.

I have been fortunate enough to be involved in several organizations. I even managed to obtain gainful employment from a few. I walked into the newsroom of the Collegian in the fall of 2008 as a freshman ready to get to work, and I haven't stopped since. I've held almost every position the Collegian has had to offer me. They pay me to be nosy and, on occasion, opinionated. I've met all kinds of people, ranging from Coach Bill Snyder to the organizers of Project Purple. I've also met some really cool people from all walks of life

here in Kedzie Hall. The Collegian hires all its positions from across all majors. We're not all journalism junkies like myself. Hint, hint.

Over at the School of Leadership Studies, I had the opportunity to help teach the intro class as a LEAD 212 class leader. That was a great experience. Teaching is definitely harder than it looks, but it was cool to get to know my small group and remember what it was like to be a freshman again. They even managed to teach me a thing or two.

I live at Smith Scholarship House. There's not much to say about it, other than it's a really cheap place to live, but I've made a few really cool friends. It has taught me some lessons in patience and humility. It's also taught me the importance of tolerance of those who annoy me.

These organizations were right for me. They are definitely not right for everyone, but another great thing about K-State is that it has all kinds of clubs and organizations on and off campus to consider joining. Try one out, or do me a favor and write about them for the Collegian.

**Tim Schrag is a junior in journalism and mass communications. Send comments to [opinion@spub.ksu.edu](mailto:opinion@spub.ksu.edu).**

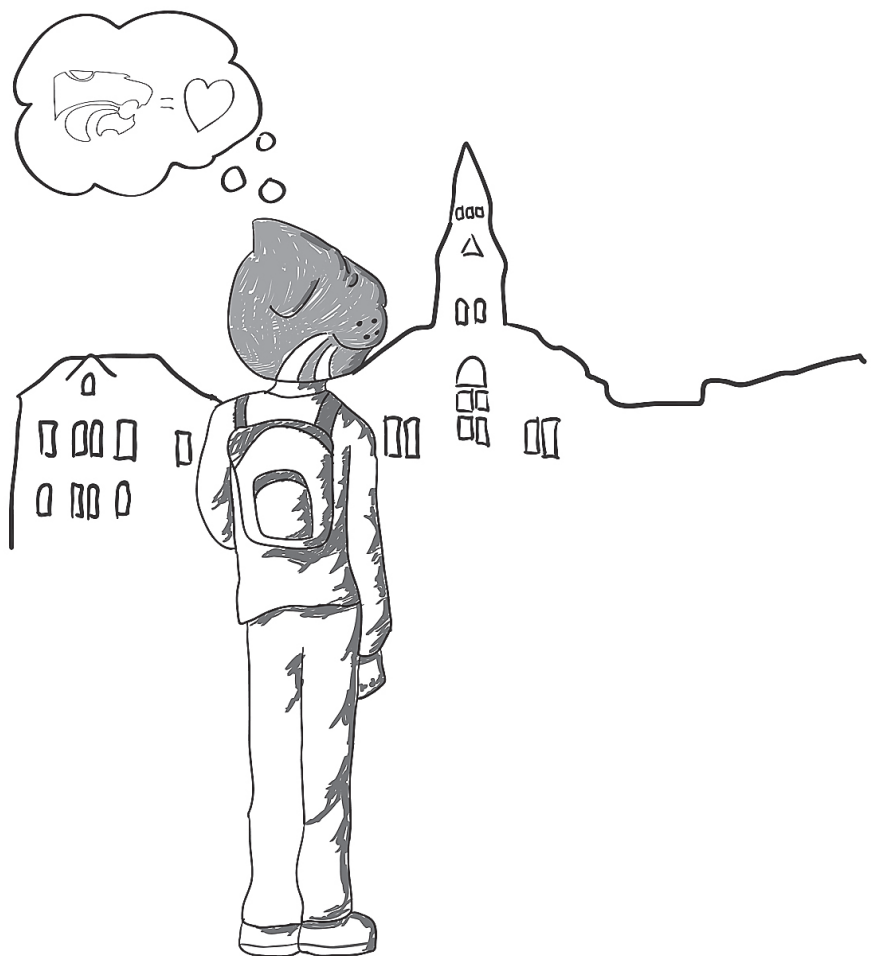


Illustration by Andrey Ukrazenko

## Activities provide stress relief, build character, unite communities



Balasubramany Meenakshisundaram

Two years ago, at around this time of the year, I arrived at K-State and was introduced to a world of possibilities to keep myself entertained, learn new stuff and do exciting things I have never done or even dreamt of doing before in my life. Thanks to the activities carnival, I had the chance to join a club and learn something I never would have otherwise: karate.

But on a more general note, I think these extracurricular activities on campus offer students a great chance to find their interests. A kind of a soul searching, if you will, to identify one's true self, apart from academics and to see what inspires us.

That's how I started karate. I had always wanted to learn it, but never had the chance back home. Also, there was this feeling of me being "too old" to start. Things like that don't matter here. If you want to do something, your chance is here and now.

Also, a college atmosphere gives you the ideal chance to learn things which might otherwise be more expensive or hard to find. Skydiving, for example, is a very expensive sport, but if you are a student at K-State and want to try skydiving, you can do it far cheaper than the average person can. Even karate is very inexpensive. Some campus activities might not even require you to pay a membership fee or spend any money.

The added activity or two to your weekly calendar can

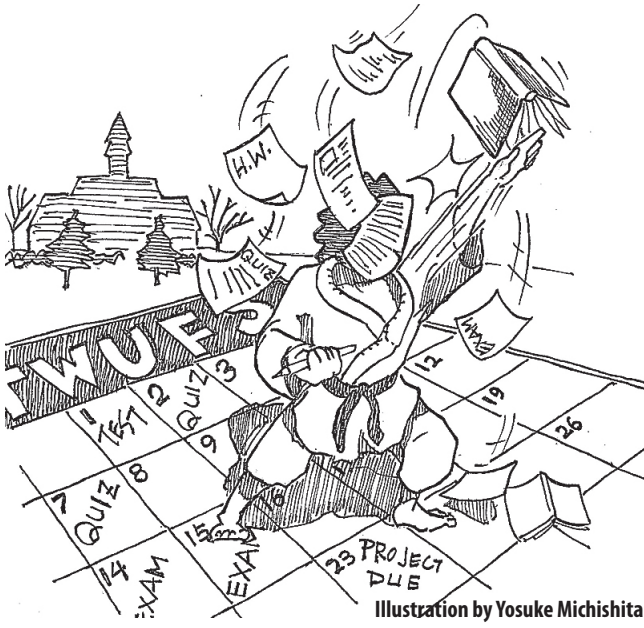


Illustration by Yosuke Michishita

give you better time-handling skills. One can always say one is way too busy to play a sport, learn an art or go exercise, but on the other side of the coin are people who make time for such activities no matter how busy and hectic their school schedules might be. After all, these are the most productive years of our lives, both physically and mentally. So, one has to have an open mind to find new interests, and balance academics.

Such activities help one develop interpersonal skills, make new friends and build one's social network. Also, it gives one a chance to meet people outside the classroom, even if they are the same people. I am pretty sure there are a lot more facets to a person than one would see in a classroom. On a same but broader perspective, participation in such activities strengthens the community for the same reasons I mentioned, by bringing people from different walks of life together and developing new bonds of friendship.

Personally, I find my activities, like karate or playing badminton, are a great way to stay fit and take my mind off things.

They can be great ways to relieve the stress you build up over the course of the day and can be something to look forward to when you're having a bad day. Karate gave me a lot of discipline and has toughened me inside and out.

I would argue that extracurricular activities gives more than they take in terms of time, effort and money. I wish I were here longer so I can get involved in more activities. I will definitely miss my Karate Club buddies when I leave K-State this year. I will also be ever grateful for the opportunity and the avenues I received while studying here and I am sure they have only made me a better individual.

**Balasubramany Meenakshisundaram is a graduate student in electrical engineering. Please send comments to [opinion@spub.ksu.edu](mailto:opinion@spub.ksu.edu)**

## Annual campaign starts up

**Matthew Finley**  
staff writer

Speaking before a crowd of K-State Proud supporters Tuesday night, honorary chairperson Frank Tracz made an audacious statement: "My wife and I signed a check for \$250 to K-State Proud and I challenge every K-State faculty (member) and administrator to give the same and for each student to help." Such forthrightness might sound unrealistic to those unfamiliar with the goals of K-State Proud, but for its leaders, this only begins the plan to put in action the K-State Proud motto of "Students helping students."

In its fifth year, K-State Proud is an organization run by student volunteers to raise money for their fellow students to continue their education at K-State, despite financial, health or personal problems. The rally Tuesday in Forum hall, kicked off its year of fundraising with members of the K-State Pep Band playing outside the auditorium, and "Wildcat Victory" being sung by the K-State Singers. Committee members announced a fundraising goal of \$108,000, and presented Tracz, K-State's director of bands, as honorary chairperson, while pointing out the benefits and opportunities associated with K-State Proud.

Phil Harner, senior in industrial design and campaign committee member, said K-State Proud is the largest student philanthropy of its kind in the nation, giving out 35 awards totaling \$55,000 last semester to help students who otherwise would have had to curtail their educational plans.

"K-State Proud gives a chance for K-State students to help fellow students in need stay at K-State and keep learning," said Harner.

Several of the Proud committee members said they enjoyed volunteering for Proud



Anthony Drath | Collegian

**Jessica Conwell**, freshman in sociology, models this year's K-State Proud T-shirt Tuesday night in the K-State Student Union.

because it gave them a chance to help out K-State, and to help the students they knew and took classes with.

Clips were shown and stories were read highlighting those helped, running along as a visual and audio poster of normal students, whose college plans had been in jeopardy before receiving help from Proud. One recipient was burdened with medical bills from her fight with cancer, while an awardee who is a single mother, spoke of raising a son while trying to work and finish graduate school, and another of using his college fund to help rebuild his families' tornado ravaged house.

No story was alike, but all spoke of overcoming difficulties. Tracz echoed their sentiment, telling from personal experience: "There's not a week that goes by that I don't have someone come into my office ... and they are very worried about whether they are going to be able to continue their education, because of economic or personal issues."

Halfway through the rally, Proud had already raised their fundraising goal, which this year was set at \$108,000, as Tracz vowed to raise an extra \$2000 to

set the goal at \$110,000, eliciting applause from the audience.

The main sources of K-State Proud funds come from donations from students, each student donor receives a free t-shirt. K-State Proud Co-Chair Becky Sullivan, senior in agricultural communications and journalism, said February 13-19 is K-State Proud week, a week of volunteering and fundraising, culminating in the K-State-Oklahoma men's basketball game. Proud leaders hope to have a "black out" of Bramlage Coliseum with K-State Proud shirts.

Harner said new to the campaign this year is a joint fundraiser called PhilanthroProud, where K-State Proud and a number of fraternities will hold a pancake feed, February 8th at FarmHouse Fraternity.

As the rally wound down, Sullivan reminded everyone in attendance that the main way that they could help was to volunteer and to "tell their friends" of the opportunities to help their fellow students. The message was not lost on the attendees, as students crowded to sign up for volunteering hours, and fulfill Tracz's challenge to help their fellow students.

Pregame with the Collegian

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# SAVOR THE FLAVOR



Photos by Heather Scott | Collegian  
Guests may enjoy a drink at LongHorn Steakhouse's welcoming bar.

## New steakhouse opens in town

**Heather Scott**  
staff writer

A new establishment has made its home on Tuttle Creek Boulevard, a home to legendary steaks and friendly and attentive service. Staff at LongHorn Steakhouse, decorated with the mood of a western rancher's home, warmly invited Manhattan residents in its newly opened doors on Jan. 24. The restaurant differentiates itself from other businesses in Manhattan by stressing the importance of guest satisfaction and courteous service.

Many Manhattan residents anxiously anticipated the arrival of Olive Garden located on the corner of Bluemont Avenue and Tuttle Creek Boulevard, and now they can expect the same service from LongHorn Steakhouse. As a restaurant owned by the Darden Company, LongHorn operates with the same core values as Olive Garden, albeit a vastly different menu.

Among LongHorn Steakhouse's core values is the importance of providing each guest with an excellent dining experience. According to managing partner Derek Percival, if a guest is asked about the quality of their experience at LongHorn and replies with anything less than enthusiasm, the restaurant has not adequately done its job. LongHorn will strive for a higher standard, Percival said.

The management team at LongHorn said that guests are never referred to as "customers," and instead are referred to as guests. Hospitality may be a breath of fresh air for some guests, who are accustomed to less than stellar dining experiences.

The dining experience at LongHorn is made complete by its painstaking preparation of the perfect cut of steak. Servers and cooks at LongHorn are knowledgeable about



LongHorn Steakhouse flaunts Western decor and a ranch inspired atmosphere.

the different cuts of steak, the proper seasoning and method of grilling. Guests may rest assured that their steak will be prepared exactly the way they want it, whether it be the tender 7 ounce filet or the juicy 22 ounce Porterhouse.

Another surprising find for a new guest at LongHorn might be the restaurant's dedication to going out of its way to add a personal touch to the dining experience. Ashley Tiller, managing partner at LongHorn, said an unexpected personal touch is not something she has to do, but something she wants to do.

Don't be surprised if a birthday at LongHorn is not only accompanied by the usual singing entourage, but could include either a card or personalized dessert plate.

Not only does the staff at LongHorn care about guests, they also care about the community as well. Unused food is bagged and donated to Harvesters. Co-workers in need are taken care of by an employee-generated fund. LongHorn is dedicated to acting with integrity and hospitality, and this is what sets it apart from many other food establishments in Manhattan.

## Fast food offers healthy items

**Alexandra Lathrop**  
staff writer

For many, Christmas break provided a getaway from the daily grind of classes, work, tests, homework and cooking. Preparing meals, especially while juggling what seems like a million other things, can be a tedious, frightening job. Getting back into the swing of things after a month-long vacation of being spoiled by mom's homemade meals can be a challenge.

Instead of going to the grocery store and lugging out the pots and pans, eating out may seem like the easiest solution. According to a study by HFG Consulting, "25 percent of all fast food patrons are college students."

This is higher than any other age group and cheap prices might be to blame. As college students with limited spending money, price is an important factor. When choosing a wallet-friendly place to eat, fast food is often considered the best alternative because it is cheap, convenient, filling and tastes good to most students.

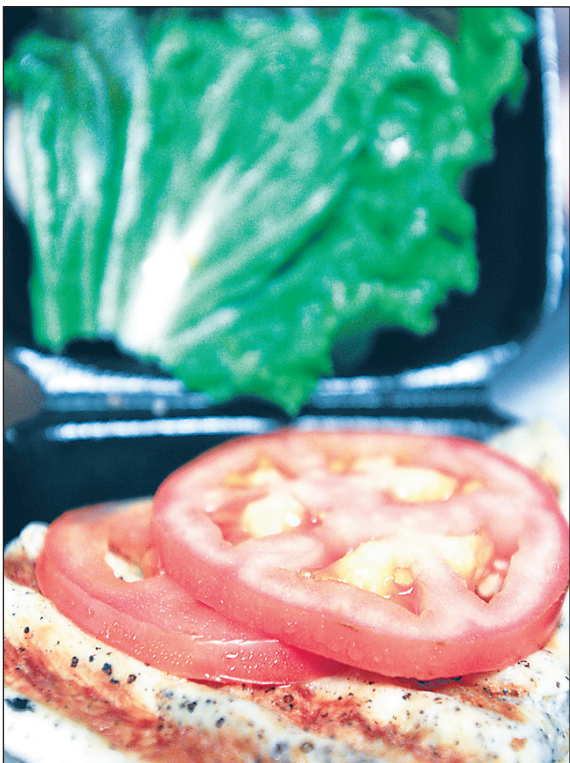
Unfortunately, this is rarely a healthy decision. In an article by helpguide.org, "Eating just one fast food meal can pack enough calories, sodium and fat for an entire day or more." If eaten on a regular basis, calories are not the only problem with fast food — it could also lead to a range of health problems in the future.

However, by being educated and making healthier decisions, it is possible to enjoy fast food while taking precautions against damaging effects. In most cases, knowing what to order at a restaurant might make it easier to steer clear of the not-so-healthy options. Here's a cheat sheet for some common fast food chains' online nutritional information that will hopefully help in deciding.

McDonald's

It is often the first place that comes to mind when thinking of fast food restaurants. An article by bizcovering.com reported that, "One in every four Americans eat at a McDonald's on a daily basis." Seeing as how so many people in this country consume McDonald's regularly, it is important to have a few choices.

The Fruit and Yogurt Parfait is a good option because it is made with low-fat yogurt and granola and topped with strawberries and blueberries. With only 160 calories, two grams of



Nathaniel LaRue | Collegian  
The Chick-Fil-A Chargrilled Chicken Sandwich, according to chick-fil-a.com, has 290 calories, four grams of fat and 29 grams of protein. It is currently the healthiest sandwich listed on their website.

fat and 31 grams of carbohydrates, this is a great alternative to a sugary dessert.

The Premium Grilled Chicken Classic Sandwich is a great source of protein and without the mayonnaise only 370 calories, 4.5 grams of fat and 50 grams of carbohydrates.

Also, McDonald's new salads are good options as long as the chicken is grilled — deep fried chicken can add a lot of unnecessary calories. The Premium Bacon Ranch Salad with Grilled Chicken is tossed with fresh mixed greens, grilled chicken, bacon, low-fat cheese and tomatoes. This salad contains 260 calories, nine grams of fat and 12 grams of carbohydrates.

Taco Bell is a favorite among college students with its cheap prices and convenient location within the Student Union. Taco Bell has made the choices much healthier with its new Fresco menu, which basically replaces the cheese and sauce with tomatoes, onions and cilantro. All seven Fresco menu items are much healthier than other items and would be a good, inexpensive option.

Wendy's recently added Garden Sensation Salads like the Apple Pecan Chicken Salad mixed with apples, blue cheese crumbles, cranberries, pecans and grilled chicken. Add Light Classic Ranch dressing and this salad comes in at only 400 calories, 16.5

grams of fat and 31 grams of carbohydrates.

In the mood for a burger? Try the smaller version of the original, the Jr. Hamburger for only 230 calories, eight grams of fat and 26 grams of carbohydrates. The Ultimate Chicken Grill Sandwich is served with a large portion of chicken, honey mustard sauce, lettuce and tomato on a bun and contains 370 calories, seven grams of fat and 42 grams of carbohydrates.

Burger King, popular for its Whopper, is loaded with calories. But the BK has jumped on the bandwagon and created some healthy menu items. The BK Veggie Burger without mayonnaise is perfect for all the taste of a regular burger without the extra calories. At 340 calories, eight grams of fat and 46 grams of carbohydrates, this is a safe alternative to the Whopper and saves about 330 calories. The Tendergrill Chicken Garden Salad is also a nutritious decision. It is served on ciabatta bread and topped with lettuce and tomato and adds up to only 300 calories, 16 grams of fat and 13 grams of carbohydrates.

Going into a restaurant with an understanding of its nutritional information makes it easier to make an informed and healthy decision. An inexpensive and healthy fast food experience is possible and, over time, might even become a not-so-bad habit.

## K-State CrossFit program researches fitness levels, offers classes

**Kelsey Castanon**  
edge editor

With weight loss resolutions around every corner, health is a key element on many people's minds this month. Now, a new fitness program has opened in Manhattan.

With the goal of educational research on fitness, the department of kinesiology's LIFE program unveiled a new fitness program called CrossFit on Jan. 20. The program was created by Katie and Bryan Heinrich, who both said they have seen the CrossFit program take off within the last few years.

CrossFit is a growing exercise regime that was originally designed for military personnel

and professional athletes, among others, but has grown widely in popularity among a variety of age groups.

Housed under LIFE, the new exercise program will be offering classes by Bryan Heinrich, CrossFit's exercise leader and coach. Each class will be different each day and will focus on different muscles to keep people's interest, he said.

Audrey Castlen, LIFE director and instructor of kinesiology, said CrossFit is a functional and high-intensity program, and blends the cardiovascular base and a "broad stimulus, so your body never adapts to one specific exercise."

"The program is constantly varied; there are always changes



courtesy photo

in the workouts, and (individuals) are always doing new things," Castlen said.

Castlen said a big thing she is excited about with this new exercise program is that it is starting under an academic program,

meaning there will be research conducted on the workouts. Katie Heinrich, assistant professor of kinesiology, will conduct a number of different studies on the improvement of fitness levels — including "improvement

in strength, speed and power," she said.

"(CrossFit) avoids any isolation exercises," Bryan said. "Instead, we try to mimic nature, and movements in every day life."

CrossFit is a successful fitness program in all 50 states. The amount of people participating in CrossFit nationwide is increasing, and Bryan predicted there are around "1600 strong." Also, CrossFit signed a 10-year contract with Reebok in December.

Because of the program's growing success, Castlen said, "We wanted to be able to offer (CrossFit) to other people in Manhattan."

The CrossFit is also looking to get certification for a kids

CrossFit program, Katie said. She added that this program could be implemented within the next month.

People of all ages are, and have been, able to actively participate in CrossFit, Bryan said.

"It is interesting seeing two individual groups (of different ages) do the same functional movements at the same time," Castlen said.

The first fitness class per person will be free and classes are held at 10 a.m. on Saturdays. Each individual will get personalized feedback from the LIFE coach on every movement during the workout, Katie said.

To get more information on the CrossFit program, visit its website at [www.crossfit.com](http://www.crossfit.com).

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# Royals players visit Ft. Riley

Event 'a good way to come out and say thanks'

Justin Nutter  
sports editor

Often times, sports fans across the nation consider players on their favorite teams to be their heroes. On Monday, some of the athletes that so many observers look up to had the chance to meet some heroes of their own.

While on their 2011 Royals Caravan tour, members of the Kansas City Royals baseball franchise made a stop at the Fort Riley military base to meet soldiers and families of the First Infantry Division. Current catcher Jason Kendall, former pitcher Dennis Leonard and third basemen Joe Randa and George Brett spent the afternoon learning about a variety of military equipment and signing autographs at the 216 Infantry Brigade Headquarters.

"I was here last year. My

experiences have been amazing, just with the energy and the excitement everybody has here to do their job to protect us," Randa said. "These guys are way more special than anything we've ever done."

Upon arriving at the venue, the Royals entered a room full of camouflage-clad soldiers, many of which were armed with high-powered weapons. There were plenty of other military weapons and equipment on display, including a variety of sniper rifles and mortar shells.

While they knew they'd be learning about firearms during their visit, some of the Royals admitted that turning the corner and immediately seeing dozens of armed soldiers was a bit of an unnerving experience.

"That was really freaky, seeing the snipers and the mortar guys," Brett said. "Explaining to me what they do and how things work, it was really, really interesting."

Despite being temporarily

awestruck by the volume and nature of the equipment, the Royals spent some time visiting with the soldiers displaying the weapons. During that time, the soldiers explained how some of the equipment works, talked about their military experiences and shared thoughts on the upcoming baseball season.

"They were just asking us about if we've ever been to Afghanistan or if we've ever been deployed," Staff Sgt. Shane Winn said. "I've been deployed myself two times and my soldiers have been deployed once. They were just asking us about our job and whether or not we use the mortars and train on them. It's a good feeling to meet a professional and somebody that is watched on TV by the whole nation."

Following the tour of the exhibits, soldiers and their families were invited to an autograph session with all four team members in attendance. The Royals used the session as an opportunity to talk with the



Courtesy photo

families, which included several children, and express their gratitude to the soldiers for what they do.

As Brett put it, he accomplished a lot during his baseball career in Kansas City, but nothing

he did in a baseball uniform compares to what members of the United States military do each and every day.

"It's very, very important, obviously, the job they do," he said. "(This event) is just kind

of a good way to come out and say 'thanks for all you've done.' I'm a member of the National Baseball Hall of Fame, but I'm nothing compared to what these guys do every day on a yearly basis."

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### 300 Employment/Careers

### 310 Help Wanted

**THE COLLEGIAN** cannot verify the financial potential of advertisements in the Employment/ Opportunities classifications. Readers are advised to approach any such business opportunity with reasonable caution. The Collegian urges our readers to contact the **Better Business Bureau, 501 SE Jefferson, Topeka, KS 66607-1190.** 785-232-0454.

**STUDENTPAYOUTS.-COM.** paid survey takers needed in Manhattan. 100% free to join. Click on surveys.

**SUMMER FARM** help wanted. Modern machinery near Salina, KS. 785-820-1695

**BARTENDING!** \$300 a day potential. No experience necessary. Training provided. Call 800-965-6520 extension 144.

## Pregnancy Testing Center

539-3338  
[www.PTCkansas.com](http://www.PTCkansas.com)

### Sudoku

4	6	7						
9				7				
5			2	8				
	4	9		1	5	7		
2	9	6		3	1			
		8	9				2	
		1						5
					3	8	4	

Rules: Fill in the grid so that each row, column, and 3x3 block contains 1-9 exactly once.

5	8	7	2	4	3	1	9	6
6	9	3	8	1	7	4	5	2
1	4	2	6	9	5	3	8	7
2	3	9	4	7	1	5	6	8
4	5	1	9	8	6	2	7	3
7	6	8	3	5	2	9	1	4
3	2	5	1	6	8	7	4	9
9	7	6	5	2	4	8	3	1
8	1	4	7	3	9	6	2	5

Answer to the last Sudoku.

"Real Hope, Real Help, Real Options"  
Free pregnancy testing  
Totally confidential service  
Same day results  
Call for appointment

Across from campus in Anderson Village  
Mon.-Fri. 9 a.m.-5 p.m.

### 310 Help Wanted

**PART-TIME** Switch Board Operator needed Monday- Friday, preferably morning hours. Send resume and references to [humanresources@twgh.net](mailto:humanresources@twgh.net)

**FAMILY FARM** is seeking a motivated swine herdsman. We're only fifteen minutes from campus and we offer flexibility in work schedules. We will train the right individual to eventually manage swine nursery and finishing units for full time employment. Duties include management of swine nursery and finishing units with strict attention to animal health and welfare, sanitation, bio-security, production flow and marketing. 785-494-8330

### 330 Business Opportunities

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### 500 Transportation

### 510 Automobiles

1969 CAMARO SS 350/300 horsepower, automatic transmission, air-conditioning, power steering, power breaks. Asking \$4,900. Contact [kuba74te@msn.com](mailto:kuba74te@msn.com) or 913-273-1376.

### Deadlines

Classified ads must be placed by noon the day before you want your ad to run. Classified display ads must be placed by 4 p.m. two working days prior to the date you want your ad to run.

**CALL 785-532-6555**  
**E-mail** [classifieds@pub.ksu.edu](mailto:classifieds@pub.ksu.edu)

### Classified Rates

1 DAY	20 words or less	\$14.00
each word over 20		20¢ per word
2 DAYS	20 words or less	\$16.20
each word over 20		25¢ per word
3 DAYS	20 words or less	\$19.00
each word over 20		30¢ per word
4 DAYS	20 words or less	\$21.15
each word over 20		35¢ per word
5 DAYS	20 words or less	\$23.55
each word over 20		40¢ per word
(consecutive day rate)		

### To Place An Ad

Go to Kedzie 103 (across from the K-State Student Union.) Office hours are Monday through Friday from 8 a.m. to 5 p.m.

### How To Pay

All classifieds must be paid in advance unless you have an account with Student Publications Inc. Cash, check, MasterCard or Visa are accepted. There is a \$25 service charge on all returned checks. We reserve the right to edit, reject or properly classify any ad.

### Corrections

If you find an error in your ad, please call us. We accept responsibility only for the first wrong insertion.

### Cancellations

If you sell your item before your ad has expired, we will refund you for the remaining days. You must call us before the ad is to be published.

### 000 Bulletin Board

### 010 Announcements

**LEARN TO FLY!** K-State Flying Club has three airplanes and lowest rates. Call 785-562-6909 or visit [www.ksu.edu/ksfc](http://www.ksu.edu/ksfc).

### 100 Housing/Real Estate

### 105 Rent-Apt. Furnished

**MANHATTAN CITY Ordinance 4814** assures every person equal opportunity in housing without distinction on account of race, sex, familial status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

### 110 Rent-Apt. Unfurnished

**MANHATTAN CITY Ordinance 4814** assures every person equal opportunity in housing without distinction on account of race, sex, familial status, disability, religion, age, color, national origin or ancestry. Violations should be reported to the Director of Human Resources at City Hall, 785-587-2440.

**THREE-BEDROOM DUPLEX.** Main level house. Common laundry. No pets, no smoking. [www.apskansas.com](http://www.apskansas.com). \$835/ month. 1858 Elaine Dr.

### 110 Rent-Apt. Unfurnished

### NOW LEASING FOR FALL

Large 2 Bedroom Apts. Cambridge Square Sandstone Pebblebrook Stone Pointe

Close to Campus

•2000 College Hts.  
•1114 Fremont•  
•519 Osage•

Open Saturday 10-3  
**537-9064**  
[www.renthrc.com](http://www.renthrc.com)

### 110 Rent-Apt. Unfurnished

**NEARLY NEW** three and four-bedroom rentals. Washer/ dryer provided, all the amenities. Call Marlene Irvine 785-341-8576.

**COUNTRY LIVING,** three-bedroom, one bath, all bills paid. Horses welcome. \$1125 785-221-1359

**TWO-BEDROOM** (\$840) or four-bedroom (\$1600), 402 N. 10th Street. New/ top of the line, available January 1. No pets. 785-341-5414.

### 120 Rent-Houses & Duplexes

**FOUR-BEDROOM** house near campus. Central heat and air conditioning. Washer, dryer, and dishwasher. June 1 lease. \$1200/ month. 785-565-1492.

**FOR RENT: CLEAN** Duplex four-bedroom, two bath, all appliances, free laundry, close to KSU, no pets/ no smoking. Available 8/1/11 \$1225- \$1275/ month. 913-484-1236

**ADVERTISE HERE**  
Display Ads 785-532-6560  
or  
Classifieds 785-532-6555

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LOVE WHERE  
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for information\*  
\*standard text messaging rates apply

